2016 Safety Awareness Campaign Course Descriptions

Active Shooter - Case Overview of the Washington Navy Yard Shooting.

Target Audience: All employees.

Adult First Aid/CPR - One quarter of Americans say they've been in a situation where someone needed CPR. Given properly and immediately to sudden cardiac arrest victims, CPR can save lives. Participants will learn how to perform CPR and care for respiratory and cardiac emergencies in adults until professional medical help arrives. In addition, participants will learn the basics to First Aid. This course provides Adult First Aid/CPR through the American Safety and Health Institute (ASHI) curriculum and is developed to provide the knowledge, skills, and confidence to respond in a medical emergency. Attendees successfully completing course will be issued an ASHI Certification for Adult First Aid/CPR.

Target Audience: All employees. Please register through SATERN.

Asbestos Awareness Training – Do you work with or around materials that contain asbestos? Attend this training to be able to recognize asbestos-containing materials, and understand the hazards of asbestos. All personnel who may contact asbestos-containing materials while performing building renovation, maintenance, or custodial activities, are required to attend asbestos awareness training annually. This training is intended for employees who have contact with, but do not disturb asbestos- or presumed asbestos-containing materials and for employees who clean up dust, waste and debris that may contain asbestos. This course will focus on recognizing damaged and deteriorated asbestos-containing materials, and working safely around them. If you work in building renovation, operations and maintenance, utilities, or as a building manager or custodian and you may contact asbestos-containing materials, you must attend this training annually.

Target Audience: Construction and building renovation personnel, operations and maintenance personnel, and custodial workers. Please register in SATERN

Balance: Creating a Better Office Athlete in All of Us - Each of us struggle in our own way to achieve a BALANCE in our lives. You have to balance your workload; you have to balance your family obligations; and what about you? Between the stresses at home and work, when is there time for "me"! Finding the right balance through wellness can make every aspect of your life more enjoyable and productive. In order to be at your best for someone else, you have to take care of YOU. We explore what works and what does not, what's real, and "Are you kidding me?"

Target Audience: All employees.

Boating Safely in Maryland Waters – This session will cover boat operator education requirements for Maryland boaters and why effective boater training is important. Underway risk management principles will be presented to help prevent boating accidents.

Target Audience: All employees

Boater Safety Tips – How to have a Great Time on the Water ... and Come Back Alive - This session will present tips for operating a boat safely, planning for a fun day out on the water, and what equipment you must to bring. It's not all about bringing a couple of six-packs!

Target Audience: All employees

Concussion Awareness – Dr. Kenneth Kudelko will be giving a talk on traumatic brain injury which will include general information on the epidemiology, signs and symptoms, treatment, and prevention of traumatic brain injury Target Audience: All employees.

Dangers of Social Media - This presentation is designed to explain the phenomenon and culture of 'Sexting'. The presenter will explain what sexting is, the dangers and consequences of setting, why young people are doing this and what can be done about it. *This presentation contains some explicit language.*

Target Audience: All employees.

Defensive Driving and Driver Safety – This course will address what it means to be a defensive driver and how drivers can improve their driving skills to reduce the potential for injury and property damage. In addition to lessons on how to improve driving safety, the discussion will also address distracted drivers and the dangers they can bring to the roadway.

Target Audience: All employees.

Domestic Violence in the Workplace- Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused, or denied. This is especially true when the abuse is psychological, rather than physical. Noticing and acknowledging the sign of an abusive relationship is the first step to ending it. No one should live in fear of the person they love. If you recognize yourself or someone you know in the following warning signs and descriptions of abuse, reach out.

Target Audience: All employees.

Electrical Safety - Arc Flash - The class will prepare students to assess arc flash hazards and take actions to mitigate hazards by selecting appropriate Personal Protective Equipment (PPE) and determining protection boundaries. Students will also learn how to use NFPA-70E (2009) tables to determine protection boundaries.

Target Audience: This course is intended for anyone who works with electricity.

Emergency Procedures - This presentation will discuss some of the hazards that employees at GSFC could face. The presentation will also give simple steps in handling those hazards and becoming better prepared.

Emerging Pandemic - Zika Virus -

Zika Fever is the newest viral illness causing increasing concern for millions of people in North and South America. The virus that causes Zika Fever, the Zika virus is associated with the risk of development of severe fetal developmental abnormalities (microcephaly) in infected pregnant women. Outbreaks of Zika began in April 2015 in Brazil, and have spread to other countries in South America, Central America, Mexico, and the Caribbean. Outbreaks are now predicted for the United States over the next coming weeks to months as the weather warms up. What is the Zika Virus? Where did it come from? How do you catch it? What can we do to stop the spread of it? What does Zika mean for pregnant women or women who want to become pregnant? How do we treat it?

These are all very important questions. This presentation will explore the information currently available about the Zika virus and try to answer these questions and more. This course will review the history of the Zika virus and the importance of a Zika infection. Symptoms, complications, treatment, and precautions surrounding Zika Fever will also be discussed.

Target Audience: All employees.

Engineering Colloquium, Safety Lessons in Top Gun - Flying supersonic fighter jets safely calls for careful preparation and constant attention. Though most of us will never sit in the cockpit of a jet, we can benefit from those same safety principles. In this talk, Mr. Baranek will relate episodes from his flying experience and will take them apart to examine the safety lessons.

He will be happy to answer questions about the movie "Top Gun", the Topgun squadron, and the F-14

Tomcat.

Target Audience: All employees.

Ergonomics - Carpal Tunnel Awareness -

Target Audience: All employees.

Ergonomics - Evidence Based Treatment of Lower Back Pain - Each attendee will have the opportunity to possibly identify their specific back pain concern throughout the presentation. The biomechanics and the different origins of lower back pain and the proper treatment guidelines will be discussed. Also identification of ergonomic issues, proper bending and lifting techniques and proper stretching will be presented. Target Audience: All employees.

Ergonomics 101 - Working Pain & Risk Free - Discover the secrets to working more comfortably with this introduction to ergonomics. This session offers education and guidance on configuring your workstation to minimize pain and injury risks while maximizing comfort and efficiency. During this course you will learn you about adopting healthy working postures, positioning your work tools to feel more comfortable, and improving your productivity.

Ergonomics: Deskercize - Begins with identifying attendees major musculoskeletal concern related to their work situation. Proper ergonomic conditions for work, home, and activities for daily living will are discussed, followed by active participation in a series of stretches and exercises that can be performed at the workstation. Also stretches for those that participate in a lunchtime walking or jogging program will be performed. Target Audience: All employees.

Exploitation of the Elderly – Adult Financial Exploitation is crime that steals an estimated \$2.9 billion annually from our elderly citizens. Attend this seminar to learn what is happening, and what you can do to protect you loved ones and yourself.....Current Scams perpetrated against vulnerable and elderly adults; How you can protect yourself and/or you loved ones; and Whom to contact when you suspect that someone you know is being financial exploited.

Target Audience: All employees

Fire Extinguisher Training – The class covers simple science of fire, classification of fires, features and limitations of fire extinguishers, selection and operation of fire extinguishers, and safety when using a portable fire extinguisher. Participants will move to a designated outdoor location for hands-on training, which includes the use of special training fire extinguishers on Code 360's electronic fire extinguisher training system. Target Audience: This course is required for fire watchers, Hot Work Representatives, and for anyone who may want to use a portable fire extinguisher. Please register through SATERN

Fire Safety at Home – Helping you filter fact from fiction, and sort silly from serious in home fire safety. We discuss smoke detectors, carbon monoxide detectors, fire extinguishers, residential sprinklers, home escape plans, fire safe practices, and more. The topic is reinforced with exciting and informative video clips throughout the presentation.

Target Audience: Anyone interested in home fire safety information

Floor Warden Shelter-In-Place Training – The presentation will teach the FOMs/Floor Wardens what shelter in place is, and assist them in identifying hazards that could cause a shelter in place order. The presentation will also identify simple steps to cover when a shelter in place event happens. Target Audience: GSFC FOMs and Floor Wardens

FOM/ Basic Floor Warden Training – This course is to inform Floor Wardens of responsibilities during an evacuation. Upon completion of this course, floor wardens should be able to: describe the emergency evacuation procedures in case of fire; describe the role of a floor warden in the evacuation process; and, identify special situations or individuals in the workplace that may require rescue assistance.

Target Audience: Individuals who have volunteered or plan on volunteering to be a floor warden in a building at GSFC

Food Safety Lessons from a Food Safety Inspector – Vera Thompson has worked for 24 years for the Prince George's County Health Department as an Environmental Health Specialist. She has conducted over 3000+ food inspections at restaurants, grocery stores, nursing homes, schools, Six

Flags Theme Park, Redskins Stadium, and University of MD. She will be providing information on ways to safely prepare, cook, store and serve food that will prevents food borne illness/disease.

Target Audience: All employees.

Gifts Unopened - Big Dig accident, USS Thresher, Turkish Airlines - This presentation provides an in-depth account of circumstances and causal factors surrounding four tragic incidents, the fatal Big Dig tunnel collapse of 1991, the Turkish Airlines disaster of 1974, which was the largest commercial airline disaster to date, and the loss of the USS Thresher in 1963, and the loss of the Apollo 1 Command Module in 1967. These incidents involved grave errors of judgment from Engineering, Manufacturing, Quality and Government regulators—and the incidents involved clear advanced warning signs that were not heeded ("unopened gifts").

Target Audience: All employees.

GSFC- Integrated Contingency Plan – Integrated Contingency Plan Training provides site specific guidance on oil handling, spill prevention and reporting, emergency response procedures, storage tank management, record keeping and other oil operations issues. This course is an annual requirement designed for Center employees who use or witness the storage and/or transfer of oil and their supervisors.

Target Audience: This course is designed for GSFC employees, contractors and sub-contractors who: Use, store, and/or transfer oil; witness the use, storage and/or transfer of oil; repair or maintain machinery that contains oil; and their supervisors.

Please register through SATERN.

Hazardous Waste Training – Hazardous Waste Management Training covers key topics for managing hazardous wastes including, but not limited to: Identifying Solid Waste; Identification and Listing of Hazardous Waste; Generators Responsibilities; Satellite Accumulation Requirements; Universal Waste; and Spills.

Target Audience: Hazardous waste generators, satellite accumulation area point of contacts, personnel responsible for any outdoor storage of potentially polluting materials, and their supervisors.

Please register through SATERN.

Health Hazards in the Home - Were you aware that simple home renovations or remodeling can result in polluting the air quality in your home?

Target Audience: All employees.

Hearing Conservation – Noise is everywhere. It is the most pervasive environmental pollutant on the planet. Virtually everything we do makes noise, and the more we do it, the faster we do it, and the more of us there are - - - the more noise is made. Not only is noise present in our daily routine and recreational activities, the National Institute on Deafness and Other Communication Disorders estimates that approximately 15 percent of Americans (26 million people) between the ages of 20 and 69 have high frequency hearing loss due to exposure to noise at work or during leisure activities. Administration of a comprehensive and effective hearing conservation/ hearing loss prevention program consists of more than merely purchasing and dispensing hearing protectors. Audiometric testing, education, training, and program evaluation are but a few

of the additional important aspects of an overall program. This course will review these elements and others in a practical and realistic manner, providing recommendations to ensure protection of the worker and compliance with the law.

Target Audience: All employees who are exposed to noise hazards on and off the job.

Please register through SATERN.

How NASA Helped The 33 Chilean Miner Rescue—In 2010, all eyes were on 33 miners trapped for more than two months under the stone walls of a Chilean copper mine as the world watched and hoped for their safe rescue. Men and women from all over the world provided aid as the Chilean government sought assistance from other organizations for how to help the trapped miners. Among them was a team from NASA who provided insight from the agency's long experience protecting humans in the hostile environment of space. The International Space Station is a blueprint for global cooperation to address challenging endeavors. This course will cover NASA's initial support for The 33 including recommendations on medical care, nutrition, and psychological support. The support was broadened to include recommendations on the design of a Chilean vehicle used to extract the miners. Consultations continued between members of the NASA team and Chilean government officials until the miners were rescued, October 13, 2010.

Target Audience: All employees.

Human Error is Part of our Life and Our Work - Human Error: You can't live with it! You can't live without it. Why do we need it? Why we don't want it! You will make errors/mistakes. Equally important is understanding the detrimental effect of the stigma associated with human error. The winning game plan is to reduce the occurrence of human error when adverse consequences are high and minimize the adverse consequence if human error occurs. Equally important is learning from mistakes—those of yours and of others. To quote H. G. Rickover "You have to learn from the mistakes of others. You won't live long enough to make them all yourself." A presentation/discussion on the role human error plays in our lives and our work place.

Target Audience: All employees

Identity Theft – Identity Theft is the fastest growing crime in America. Attend this seminar and learn: How Crooks Get Your Personal Information; How to Minimize Your Risk; Warning Signs That You May Be a Victim; and What to Do If You Are a Victim and Where to Get Help. Target Audience: All employees.

Independent Certification of Personal Protective Equipment – How it works & benefits you – An introduction on various types of personal protective equipment (PPE) standards will be provided along with an explanation of the process by which manufacturers obtain independent certification of their products.

Internet Fraud Awareness and Prevention – A brief presentation about some of the most common and current scams and fraud schemes you may encounter online and tips for how to avoid, prevent and report them. Information derived the Internet Crime Complaint Center (IC3) a partnership of the FBI and the National White Collar Crime Center and actual case experience from the NASA OIG Computer Crimes Division.

Target Audience: All employees.

Ladder Safety & Innovations -

500 people will go to the emergency room today because of a ladder related accident. That's way too many people! What are we going to do to reduce that number? In this session we will discuss; choosing the right ladder for the job, Inspecting Ladders, Proper set-up and use and the training resources available. We will also discuss trends in industry and some of the new innovative products that will help reduce ladder accidents and hopefully save lives.

Target Audience: All employees.

Lessons Learned from the ER: Workplace Mishaps - Real world work-related injuries as seen from the perspective of an Emergency Department clinician.

WARNING: Included in this presentation are real life injuries. CONTENT MAY BE DISTURBING FOR SENSITIVE VIEWERS.

Motorcycle Safety - Military motorcycle riders account for 50% of off-duty mishaps but only account for 10% of the population. This presentation will provide an overview and lessons learned from the military motorcycle safety program, significant hazards presented to motorcycle riders, importance of Personal Protective Equipment, value of rider mentorship, the advantage of advanced training, and resources that take can improve rider capabilities.

Target Audience: All employees.

Navigating Loss - Loss is a universal occurrence, even as individuals may react to loss differently. Grieving can take many forms and there is not one right way to experience grief. This presentation reviews the types of losses we encounter, the various ways we respond to loss, and what we can do to care for ourselves and others when experiencing a loss.

Target Audience: All employees.

Normalization of Deviance - The educational session will provide attendees with the essential knowledge needed to identify an emerging culture of normalization of deviance and effective interventions to stop the chain reaction that leads to a catastrophic events.

Target Audience: All employees.

Organizing Your Financial Records – Looking to reduce clutter and get rid of paper is not only green but more efficient, however some records should be held onto longer than others, in this seminar learn how to: Organize your records; Develop an efficient bill-pay system; Decide what records to keep, where and for how long, and how to take a home inventory and prepare a Financial Notebook.

Outdoor Recreation Safety - There is nothing quite like the great outdoors and this area certainly hits the various ranges the country has to offer. Whether you are looking to hit the beaches, rivers or mountains there are few things that you should keep in mind for all great outings to be both safe and fun. This session will talk about the logistics involved from what to pack, what to wear and how to prepare for your next great adventure. This session is meant for those just starting to explore the joys of hiking, biking and more.

Target Audience: All employees.

Oxygen Deficiency Hazards – This course describes potential oxygen deficiency hazards associated with cryogen and compressed gas storage areas, and the controls Goddard has implemented to mitigate these hazards.

Target Audience: Individuals who work in areas where cryogenic liquids are stored. Please register in SATERN.

Pet Safety - These days animal owners tend to treat our pets just like a member of our family. We take them to pet spas, buy them the finest treats from pet bakeries, and drop them off at daycare so that the can be with other pets while we are at work! But, do we know how to help our pets in the case of an emergency? Safety Engineer, Krystal Kennedy, is certified in Pet CPR and First Aid and she will presents attendees with practical tips to ensure the safety of their dog, cat or exotic pet. Covered topics will include snout-to-tail assessments, first aid kit contents, travel safety tips and things to consider in case of necessary evacuation due to natural disaster.

Target Audience: All pet lovers

Railroad Safety Issues - A Short Description of the US Railroad Industry – Freight, Intercity Passenger, and Commuter US Railroad Safety Statistics. Some Important Railroad Safety Issues – and Possible Solutions, Rail-Highway Grade Crossings, Shipment of Crude Oil, Ethanol, and Other Hazardous Materials by Rail, Train Collisions and Overspeed Accidents, Network-Centric Railroad Operations Utilizing Intelligent Railroad Systems.

Target Audience: All employees.

Recurring Lessons Learned – Modern avionics components and systems are increasing complex and sophisticated, as electronic piece parts technologies have evolved from the discrete components and logic gates utilized in the early days of the space program to the highly integrated digital and analog microcircuits often derived from commercial market advances commonly used today. Some avionics components are used in safety-critical applications, where reliability, redundancy, and fault tolerance become key attributes. The Agency has a formal "Lessons Learned" system that captures problems encountered in the past, however some past avionics-related lessons learned appear to re-occur. This presentation discusses some of those avionics issues that have been identified through discussion with the NASA Avionics Technical Fellow and members of his Technical Discipline Team.

Residential / Personal Security - This course will focus on Personal Safety information (not self-defense but proactive precautions we can take in our everyday life to reduce victimization) combined with security tips, ie locks, lights, etc. for your home.

Target Audience: All employees.

Respiratory Protection Training - Engineering controls such as local exhaust ventilation or process substitution are preferred methods to control health hazards. Respiratory protection is only used when engineering controls are not feasible. To ensure the respiratory protective device is effective, program elements, such as physical qualifications, program management, training, and fit testing must be implemented. The presentation covers program elements.

Target Audience: Employees who wear respirators as required to perform his/her duties. Please register through SATERN.

SAC Kick-off / Keynote Presentation with Astronaut Chris Cassidy – Astronaut Chris Cassidy will discuss his first-hand experience in space and the importance of lessons learned. Chris will also share stories and lessons learned from his time as a Navy SEAL. Chris has flown in space twice: first on STS-127 and most recently on Soyuz TMA- 8M. Overall, Chris has accumulated 31 hours, 14 minutes of Extravehicular Activity (EVA) time and 182 days in space.

Target Audience: All employees.

Safe Kids Worldwide – This session will cover child safety measures you can take to prevent injuries and deaths. Topics include fire escape plans, safe storage of medicine, and securing of items around your house. Safe Kids Worldwide encourages parents to take actions today to help make every kid a safe kid.

Target Audience: All employees.

Safe, Fun, and Convenient Commuting by Bicycle - The Everyday Biking Seminar is a short presentation designed to introduce the basics of how to safely and easily fit biking into your daily life. It includes tips on: finding the bike for you, ensuring your bike is in good working order, planning a good route around the Goddard Campus and surrounding trail connections, understanding safe riding principles and rules of the road and trail, carrying the things you need to carry, and more. After the presentation, WABA's trained staff will answer your questions, address your concerns, and resolve that nagging issue that has kept you from biking. (In our experience, everyone who isn't biking but wants to has that one nagging issue!). We provide every participant with a Safe Cycling guide, local bike map, opportunity to take a free WABA city cycling class, and materials on upcoming bike-related events, activities, and programs.

Safety Culture - Safety Culture is the value placed on safety as demonstrated by people's attitudes, perceptions and behaviors. All employees are encourages to attend a viewing of the interactive Safety Culture Training session that was held and recorded at Greenbelt in September 2015. Presenter Manny Dominguez brings the 5 factors of NASA's Safety Culture to life in this session, making it a great alternative to completing the course in SSATERN. Krystal Kennedy, GSFC's Safety Culture POC, will guide attendees through the session and answer any questions. SATERN credit will be provided upon completion of this session.

Target Audience: All employees.

Please register through SATERN.

Safety Jeopardy - A competition formatted like TV's Jeopardy, with upper management contestants challenged with questions from categories such as home safety, kids safety, IT security, office safety, and emergency preparedness.

Target Audience: All employees.

Self Defense - Self Defense is a matter of awareness, common sense, and experience. In a surprise situation, we may not have much of this unless we have taken some time beforehand to consider such situations and practice certain things. This class will provide you with an opportunity to do that, so that you have a better chance of survival in threatening situations.

Target Audience: All employees.

Situational Awareness for Motorists and Pedestrians - Motor vehicle crashes continue to be one of the leading causes of death in the US and pedestrian deaths are certainly on the rise in the Washington Metropolitan Area. Join Motor Vehicle Safety Program Manager, Krystal Kennedy, as she presents helpful steps that can be taken to increase the odds of arriving to your intended destination safely. Topics to include distracted driving, defensive driving, bicycle safety, pedestrian safety, GSFC accident reporting procedures and a review of last year's motor vehicle accidents that occurred at GSFC.

Target Audience: All employees.

Slip, Trip, Fall Prevention - Falls account for over 8 million hospital emergency room visits each year, representing the leading cause of emergency room visits (21.3%). By tracking these injuries and investigating their cause, we can better direct our prevention efforts. This presentation will provide specifics about the incidents that have happened at GSFC and using situational awareness ways to prevent them from occurring.

Target Audience: All employees

Stormwater Pollution Prevention - The GSFC Storm Water Pollution Prevention Plan (SWPPP) training describes the requirements and employee responsibilities defined in the GSFC SWPPP for the Greenbelt facility. The training is required annually for employees who are an assigned member of the SWPPP Team or who work in an area covered by the SWPPP.

Target Audience: Employees and contractors who work in activity areas covered by GSFC's SWPPP. Please register through SATERN.

Safety Awareness for Supervisors – This course was developed specifically for GSFC Supervisors. Did you know that there are 73 requirements in the safety GPRs alone that every supervisor on Center has to comply with regardless of the type of work your employees perform? This course categorizes the 73 requirements so they can be discussed without reviewing each shall statement, as well as provides additional information on available resources and training that supervisors have at their disposal.

Target Audience: All supervisors

The Columbia Investigation and Lessons-Learned Presentation - The Space Shuttle Columbia and crew of 7 was lost upon re-entry on February 1, 2003. That event triggered the second independent investigation for loss of a Shuttle and crew. Dr. Heimerdinger was a member of the investigative team on the independent Columbia Accident Investigation Board (CAIB). He will provide a summary of the investigative process including a discussion of the technical and organizational causes of the tragedy based on the event reconstruction and both technical and organizational analyses. Dr. Heimerdinger will show and discuss some of the videos and simulations used in the investigation and provide personal and professional lessons-learned from this tragic event.

Target Audience: All employees

Timeless Maladies: Lessons Learned (and Re-Learned) About Espionage – Columnist Max Lerner once said, there are some who become spies for money, or out of vanity and megalomania, or out of ambition, or out of a desire for thrills. But the malady of our time is of those who become spies out of idealism. At the time Lerner was describing the atomic spies of the early-Cold War. Although time and technology may change, the human factor does not, and we are just as susceptible to his listed maladies. This discussion will focus on counterintelligence lessons learned, and unfortunately re-learned about human spies.

Target Audience: All employees.

Toyota Unintended Acceleration Investigation – In March 2010, NHTSA enlisted the support of NASA in analyzing the Toyota electronic throttle control (ETC) system to determine whether it contained any vulnerabilities that might realistically be expected to produce unintended acceleration (UA) in a consumer's use of those vehicles. This presentation presents NASA and NHTSA's studies and findings concerning UA in vehicles manufactured by Toyota.

Target Audience: All employees.

Wallops Antares - Return to the ISS - Carolyn Turner, the Deputy for Ground Safety at Wallops Flight Facility, will present an overview of the Planning, Responding, and Moving Forward that Wallops has gone through from the Antares ORB-3 Rocket Launch failure that occurred on October 28, 2014

Work (and live) Without Limits: How Assistive Technology Can Help- Disability is an open minority – anyone can join at any point in their lives. Disability catches up to everyone who lives long enough. This presentation will share the many types of assistive technology (AT) available to aid those with various disabilities in the workplace, as well as in the community. Whether it is low vision or arthritis and other physical difficulties, AT can help individuals work, and live more independently and safely.

The MDTAP AT Demo and Loan Library is open to all MD Residents with any type of disability to see and try AT before purchasing. The AT Lab on NASA Goddard center is open to all NASA employees. Find out about these resources and have a hands-on opportunity to try out some devices. Target Audience: All employees.